

**FREE**

# **Strength Building Exercise Class**

**Wednesdays 8:30 am**

**Lamoine Baptist Church**

- ❖ *Aerobic Warm up*
- ❖ *Upper body strength exercises using hand weights if desired*
- ❖ *Lower body strength exercises using leg weights if desired*
- ❖ *Cool Down with Yoga stretches (bring mat)*

**Routine may be adapted to any age or fitness level**

**For more information contact Iris 667-5094**